



# Weinberg Center for Balanced Living

@ the Manny Cantor Center | 197 East Broadway, NY, NY 10002

## June 2019 Weinberg Breakfast Menu Kosher

• Under the supervision of the vaad of Flatbush. Penthouse View! Healthy, fresh food made on-site • requested contribution \$1.00 for breakfast!  
 Monthly birthday celebrations – if it's your birthday, lunch is on us!

**Our popular lunches sell out fast  
 Pick up your lunch ticket at breakfast!**

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|--|---|--|
| <b>Please Note: On June 19<sup>th</sup> we will be serving breakfast in the 4<sup>th</sup> Floor Conference Room and providing a take away lunch.</b> |  |  |   |  |
| 3<br>Potato Pancake<br>Scrambled Eggs<br>Cold Cereal<br>WW Bread<br>Milk, Fruit, Juice  | 4<br>Pancakes<br>Veggie Bacon<br>Cold Cereal<br>Milk, Fruit, Juice                 | 5<br>Red Potato Wedges<br>Farmers Market<br>Omelets<br>WW English Muffin<br>Hot Cereal<br>Milk, Fruit, Juice | 6<br>French Toast<br>Veggie Sausage<br>Cold Cereal<br>Milk, Fruit, Juice            | 7<br>Hard Boiled Egg<br>Moroccan Sauce<br>Hot Cereal<br>Pita<br>Milk, Fruit, Juice             |
| 10<br>Challah Roll<br>Hard Boiled Egg<br>Cream Cheese<br>Cold Cereal<br>Milk, Fruit, Juice  | 11<br>Cheddar and<br>Potato Bake<br>Croissant<br>Cold Cereal<br>Milk, Fruit, Juice | 12<br>Hard Boiled Egg<br>Rice Congee<br>Cold Cereal<br>WW Bread<br>Milk, Juice, Fruit                        | 13<br>Veggie Sausage<br>Waffles<br>Cold Cereal<br>Milk, Juice, Fruit                | 14<br>Egg White Omelet<br>w/Peppers/Onions<br>Red Potatoes<br>Hot Cereal<br>Milk, Juice, Fruit |
| 17<br>Scrambled Eggs<br>Veggie Sausage<br>Challah Bread<br>Hot Cereal<br>Milk, Juice, Fruit   | 18<br>Pancakes<br>Veggie Bacon<br>Strips<br>Hot Cereal<br>Milk, Juice, Fruit       | 19<br>Western Frittata<br>Cold Cereal<br>WW Bread<br>Milk, Juice, Fruit                                      | 20<br>Rice Congee w/Fish<br>Cold Cereal<br>WW Bread<br>Milk, Juice, Fruit           | 21<br>Baked Potato<br>Wedges<br>Farmers Market<br>Omelets<br>Cold Cereal<br>Milk, Juice, Fruit |
| 24<br>Cinnamon French<br>Toast<br>Cold Cereal<br>Milk, Juice, Fruit   | 25<br>Hard Boiled Egg<br>Corn Muffin<br>Cold Cereal<br>Milk, Juice, Fruit          | 26<br>Veggie Bacon<br>Sausage<br>Waffles<br>Hot Cereal<br>Milk, Juice, Fruit                                 | 27<br>Scrambled Eggs<br>Home Fries<br>Cold Cereal<br>WW Bread<br>Milk, Fruit, Juice | 28<br>Grilled Mozzarella<br>and Tomato<br>Sandwich<br>Hot Cereal<br>Milk, Fruit, Juice         |



**Contact Us: 646-395-4270**  
**Visit Us: MannyCantor.org**  
**Center Opens: @ 8AM / Office Hours: @ 10AM—2PM Monday - Friday**  
**Breakfast: 8:30AM—9:30AM / Lunch: 12PM—1PM**

The Weinberg Center for Balanced Living is funded in part by New York City Department for the Aging





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| 3<br>Veggie Burger<br>WW Bun<br>Cabbage Slaw<br>Herb Potato Salad<br>Milk, Fruit  | 4<br>Spilt Pea Soup<br>Eggplant Parmesan<br>Garlic Bread<br>Penne<br>cauliflower<br>Milk, Fruit             | 5<br>Baked Fish w/Garlic<br>Sauce<br>Rice<br>WW Bread<br>Broccoli &Peppers<br>Milk, Fruit | 6<br>Lentil Soup<br>WW Cheese Pizza<br>WW Roll<br>Baby Spinach Salad<br>Milk, Fruit                      | 7<br>Apricot Glazed<br>Salmon<br>Veg Couscous<br>Green Bean<br>Sautee<br>Milk, Fruit           |
| 10<br>Tuna Fish Salad<br>Macaroni Salad<br>WW Bread<br>Green salad<br>Milk, Fruit   | 11<br>Lentil Soup<br>Baked Ziti<br>Garlic Bread<br>California Blend<br>Vegetables<br>Milk, Fruit            | 12<br>Breaded Fish<br>WW Bread<br>Baked Sweet Potato<br>Cucumber Salad<br>Milk, Fruit     | 13<br>Escarole/White<br>Bean Soup<br>Primavera Pasta<br>WW Bread<br>Roasted Eggplant<br>Milk, Fruit      | 14<br>Sesame Crusted<br>Salmon<br>Lo Mein<br>Bok Choy w/Garlic<br>Milk, Fruit                  |
| 17<br>Baked Fish<br>w/Garlic Crust<br>WW Bread<br>Garlic Mashed<br>Potatoes<br>Cucumber Salad,<br>Milk, Fruit   | 18<br>Vegetarian Chili<br>Corn Bread<br>Yellow Rice<br>Arugula Salad<br>Milk, Fruit                         | 19<br>Egg salad<br>WW roll<br>Cole slaw<br>Cookie<br>Milk<br>fruit                        | 20<br>Vegetable Soup<br>Cheese Tortellini<br>Garlic Bread<br>Capri Blend<br>Vegetables<br>Milk, Fruit    | 21<br>Black Bean Soup<br>Baked Fish<br>Mexican Confetti<br>Rice<br>String Beans<br>Milk, Fruit |
| 24<br>Vegetable Soup<br>Breaded Fish<br>Brown Rice<br>w/Mushrooms<br>Broiled Zucchini<br>Milk, Fruit  | 25<br>White Bean Soup,<br>Veggie Burger<br>Roasted Potatoes<br>WW Bread<br>Broccoli w/Garlic<br>Milk, Fruit | 26<br>Fish Tacos<br>Brown Rice /Beans<br>Cabbage Slaw<br>Milk, Fruit                      | 27<br>Minestrone Soup<br>Stuffed Shells w/<br>"Meat" Sauce<br>Garlic Bread<br>Green Beans<br>Milk, Fruit | 28<br>Lemon Salmon<br>Rice w/ Veggies<br>WW Bread<br>Baby Carrots<br>w/Parsley<br>Milk, Fruit  |



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## 06/2019 Weinberg 早餐菜單 早餐建議捐贈\$1.00

每日必供應的麥片、牛奶、水果和果汁不再開列於下列欄內

熱門午餐極快售完  
早餐時請提前登記

| 星期一   | 星期二   | 星期三  | 星期四                                      | 星期五  |
|---|---|--|--|--|
| <p><b>請注意：6月19日，我們將在4樓會議室供應早餐，並提供外帶午餐。</b></p>  |   |  |  |  |
| 3<br>馬鈴薯煎餅<br>(預先準備好)<br>炒雞蛋<br>葡萄乾麩麥片<br>全麥麵包  | 4<br>薄煎餅<br>(預先準備好)<br>素食早餐培根條<br>(早晨明星農場)<br>全穀物 | 5<br>烤紅薯片<br>農民銷售煎蛋捲<br>英式全麥鬆餅                 | 6<br>法式吐司<br>(預先準備好)<br>素食香腸<br>小麥片      | 7<br>水煮蛋<br>摩洛哥風味醬<br>燕麥片 (1/2 杯)              |
| 10<br>烤麵包<br>水煮蛋<br>奶油乳酪<br>冷燕麥片<br>牛奶, 水果, 果汁  | 11<br>芝士馬鈴薯<br>迷你羊角麵包<br>小麥片                      | 12<br>水煮蛋<br>米粥<br>燕麥片<br>全麥英式鬆餅<br>酸奶, 果汁, 水果 | 13<br>素肉腸<br>威化餅<br>燕麥片<br>酸奶, 果汁, 水果    | 14<br>煎蛋卷<br>胡椒/洋蔥<br>紅薯<br>熱麥片,<br>酸奶, 果汁, 水果 |
| 17<br>炒蛋<br>素肉腸<br>未發酵猶太麵餅<br>熱麥片<br>酸奶, 果汁, 水果 | 18<br>煎蛋餅<br>素培根<br>燕麥片<br>酸奶, 果汁, 水果             | 19<br>意式蛋餅<br>燕麥片<br>全麥英式鬆餅<br>酸奶, 果汁, 水果      | 20<br>魚米粥<br>燕麥片<br>全麥英式鬆餅<br>酸奶, 果汁, 水果 | 21<br>烤馬鈴薯角<br>農民市場煎蛋捲<br>燕麥片<br>酸奶, 果汁, 水果    |
| 24<br>法式果醬吐司                                    | 25<br>水煮蛋<br>玉米鬆餅                                 | 26<br>燕麥片<br>果醬華夫餅<br>素肉腸                      | 27<br>炒蛋<br>薯餅<br>全麥花卷                   | 28<br>燕麥片<br>芝士蕃茄三文治                           |



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## 06/2019 Weinberg 午餐菜單 午餐建議捐贈：\$2

如果您是當月生日 每月生日午餐當天免捐贈費  
每日必供應的牛奶和水果 不再開列於下列欄內

**熱門午餐極快售完  
早餐時請提前登記**

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| <p><b>請注意：6月19日，我們將在4樓會議室供應早餐，並提供外帶午餐。</b></p>                       |  |   |   |   |
| <p>3 素食漢堡<br/>(預先準備)<br/>漢堡麵包<br/>全麥<br/>白菜胡蘿蔔沙律<br/>香草土豆沙拉配芥末香醋</p> | <p>4 豌豆湯<br/>茄子巴馬干酪<br/>大蒜麵包<br/>通心粉<br/>炒四季豆</p>        | <p>5 烤鱼配蒜醬<br/>蒸粗麥粉加豌豆和<br/>檸檬<br/>全麥麵包<br/>西兰花和紅辣椒</p> | <p>6 扁豆湯<br/>全麥奶酪比薩餅<br/>全麥晚餐卷<br/>小菠菜沙律</p>            | <p>7 三文魚<br/>烤蔬菜蒸粗麥粉<br/>炒綠豆</p>                      |
| <p>10 金槍魚沙律<br/>通心粉沙律<br/>全麥卷<br/>甜菜<br/>小胡蘿蔔<br/>生果</p>             | <p>11 扁豆湯<br/>烤通心粉<br/>大蒜麵包<br/>加州混合蔬菜<br/>牛奶<br/>生果</p> | <p>12 麵包烤魚<br/>全麥麵包<br/>烤紅薯<br/>黃瓜番茄沙拉</p>              | <p>13 白萵苣<br/>豆湯<br/>意粉<br/>全麥麵包<br/>烤茄子<br/>牛奶, 生果</p> | <p>14 芝麻外皮三文魚<br/>撈面<br/>蒜香白菜<br/>牛奶, 生果</p>          |
| <p>17 烤白魚<br/>蒜蓉外皮<br/>全麥包<br/>蒜蓉土豆泥<br/>黃瓜沙律<br/>牛奶, 生果</p>         | <p>18 西班牙涼菜湯<br/>素食辣椒<br/>玉米麵包<br/>黃米飯<br/>芝麻菜沙律配香醋</p>  | <p>19 雞蛋沙拉<br/>全麥卷<br/>涼拌捲心菜<br/>曲奇餅<br/>牛奶, 水果</p>     | <p>20 菜湯<br/>芝士玉米餅<br/>蒜蓉麵包<br/>雜菜<br/>牛奶, 生果</p>       | <p>21 黑豆湯<br/>烤鱈魚<br/>墨西哥五彩紙屑飯<br/>四季豆<br/>牛奶, 生果</p> |
| <p>24 蔬菜湯<br/>麵包糠魚<br/>糙米飯<br/>全麥花卷<br/>西葫蘆</p>                      | <p>25 白豆湯<br/>素漢堡<br/>焗紅土豆<br/>全麥花卷<br/>大蒜西兰花</p>        | <p>26 墨式魚粟米卷<br/>糙米飯<br/>豆<br/>白菜胡蘿蔔</p>                | <p>27 蔬菜濃湯<br/>素肉醬大貝殼粉<br/>大蒜麵包<br/>青豆</p>              | <p>28 檸檬焗三文魚<br/>蔬菜飯<br/>全麥花卷<br/>迷你胡蘿蔔</p>           |



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